



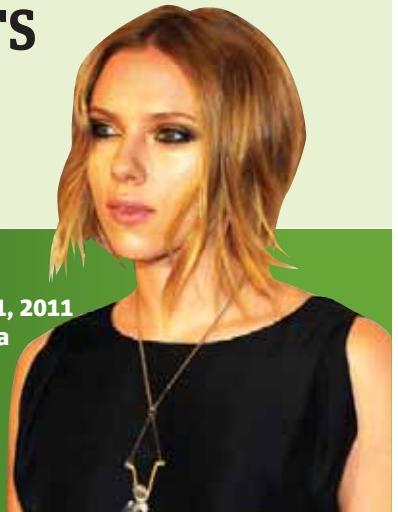
**COULD YOU BE PUTTING
YOUR CHILD AT RISK?
STUDY FINDS NEW LINK
TO AUTISM** {page 11}

A SUPERFOOD IS
REBORN
WINTER WOES CURED
BY QUINOA {pages 13}



DEVASTATED SCARJO REACTS TO RYAN AND SANDRA

{page 9}



OTTAWA

metro®



Tuesday, January 11, 2011
www.metronews.ca



News worth
sharing.

Jail funding causes a stir

► Harper government says it will spend \$2 billion over five years to absorb more prisoners due to stiffer sentencing ► An estimated 2,700 new beds to be added

The Harper government plans to spend another \$158 million on prison expansion in Alberta, Saskatchewan, Ontario and Quebec — prompting a new flurry of criticism about the federal approach to crime and punishment.

The latest announcement was greeted with a familiar question: Why are the Conservatives spending billions more on lock-

"Police basically are using prisons as repositories for the mentally ill because they have nowhere else to send them."

LIBERAL PUBLIC SAFETY CRITIC MARK HOLLAND
ing people up when the crime rate is going

down?

The government says violent, gang-related crime continues to rise, even if the overall crime rate is falling — and Canadians deserve safe streets.

In his most recent report, Correctional Investigator Howard Sapers warned that prison crowding leads to tension, frustration and violence. THE CANADIAN PRESS

Package. Scare



► Ottawa firefighter readies equipment for a hazardous materials team investigating a suspicious package at a building that houses offices of the Immigration and Refugee Board, the Official Languages Commissioner and Revenue Canada.

SEAN MCKIBBON/METRO

Threatening letter scare isolates eight people

Eight people were isolated yesterday after coming into contact with an envelope sent to the Immigration and Refugee Board, but the suspicious package scare turned out to be prompted by an allergic reaction, Ottawa police said late yesterday. Ottawa Fire Service hazardous materials (HAZMAT) specialists and an Ottawa police bomb unit were called to 344 Slater St. after a female Immigration and Refugee Board employee developed the reaction over the weekend, said fire service spokesman Marc Messier. Further tests found the contents of the envelope were not harmful, police said. Police are continuing to investigate.

Haiti Photos that empower children

► Ottawa called upon to help Plan Canada in beleaguered nation ► Tomorrow marks one-year anniversary of the horrific earthquake {page 2}

Fringe star tries on a new hat

Lance Reddick shows off his jazz skill with first album release {page 8}



There's no place like home

Jessica Napier explains why the loos in Britain cost the country hospitality points {page 6}

Accused shooter appears in court

Arizona man represented by Unabomber's attorney {page 3}

Life decisions puzzling teens

Crack the code on university applications {page 15}

1

news



Acclaimed Korean director of Oldboy films latest flick entirely on iPhone. Scan code for story.

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On the web at metronews.ca

Allan Small
questions why stock markets aren't keeping up with the good economic news.
More at metronews.ca/investing

NGO seeks support to rebuild in Haiti

► Plan Canada gives voice to Haitian kids through photography



JOE LOFARO

OTTAWA@METRONEWS.CA

The head of an organization working to rebuild Haiti was in Ottawa yesterday drumming up support with federal officials.

After returning from Haiti over the weekend, Plan Canada president and CEO Rosemary McCarney met with the Canadian International Development Agency yesterday to seek help for her NGO efforts in the beleaguered Caribbean nation.

Tomorrow marks the one-year anniversary of the devastating earthquake in Haiti that killed 220,000 people and left a country in shambles.

Since then, Plan has built hundreds of classrooms, trained thousands of teachers, and inoculated more than 35,000 kids.

"We've been in Haiti for

"We strongly believe that we need to involve the youth of the country in the rebuilding exercises."

ROSEMARY MCCARNEY, PLAN CEO

36 years so we know the terrain well," she said yesterday.

To show a different side of Haiti, Plan hired freelance photographer Natasha Fillion to teach Haitian youth about photography so they could take pictures about their day-to-day lives.

"There are a lot of pictures coming out of Haiti every day from the media's perspectives," said Fillion, an Ontario native.

With the photos taken by youth, "you actually get a more balanced view of what's happening in Haiti," she said.



► Photographer Natasha Fillion strikes a pose with some of her Haitian photography students.

Project a go despite concerns

Tree cutting for a controversial housing project in Kanata should proceed this month, despite concerns aboriginal artifacts may be onsite, says the developer.

Mary Jarvis of Urbandale Corp. said the company did archaeological assessments of the South March Highlands in 2004 to secure approval for development, and provincial legislation requires action

if they uncover anything in the building process.

"If you find something of archaeological importance, you're required to stop, inspect, and report before you move forward," she said.

Jarvis said a circle of stones on the property has been cordoned off pending a more detailed inspection when the snow melts.

STEVE COLLINS

"We had our archaeologist do some preliminary research on medicine wheels and the likelihood of a medicine wheel being found in Ontario."

MARY JARVIS, DIRECTOR OF PLANNING AND LAND DEVELOPMENT, URBANDALE CORP.

News in brief

Boy meets Cake Boss



► Tyler Huneault, 11, with Cake Boss Buddy Valastro.

SWEET MEETING. An Ottawa boy with Sialidosis, a rare genetic disease, got a special meet and greet with The Learning Channel's Cake Boss reality TV show star Buddy Valastro at the NAC Sunday night. Tyler

Huneault, 11, who has a penchant for meeting celebrities, said he'd like to follow in Valastro's footsteps after watching the star's live show at the arts centre. ● GIOVANNI

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Clooney gets political

Actor George Clooney, who has been active in Sudanese issues for the last five years, is working to help the region avoid a backslide toward war.

"Our job is trying to keep this



on the front burner of the news," Clooney said.

The Hollywood star has been a whirlwind in the scruffy, straw-hut capital of Southern Sudan as its week-long independence referendum gets off the ground. Clooney has also had two meetings with President Barack Obama on Sudan and has persuaded reporters from outlets like NBC, CNN and Newsweek to focus on the country.

THE ASSOCIATED PRESS

Model charged in journalist's murder

A Portuguese model was arrested on charges of second-degree murder in the slaying of a celebrity Portuguese television journalist found castrated and bludgeoned to death in a New York City hotel, police said yesterday.

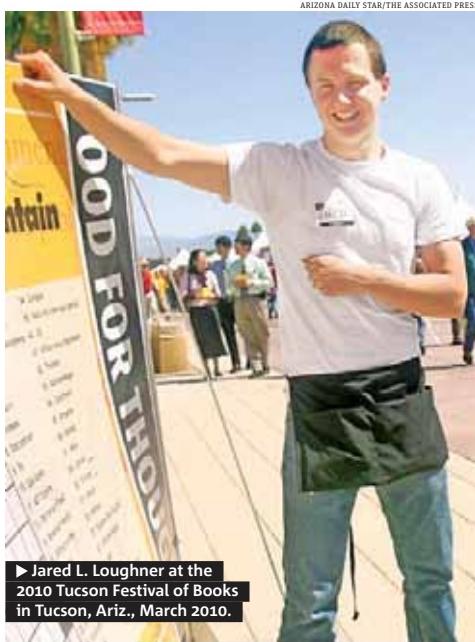
THE ASSOCIATED PRESS

A hotter version of Earth?

A NASA telescope has found the smallest planet outside our solar system and it is rocky just like Earth. But it is way too hot for any life. The planet is called Kepler-10-b after the telescope that found it. The reason it's so hot is that it is 20 times closer to its star than Mercury is to our sun.

THE ASSOCIATED PRESS

Suspect in Arizona killings appears in court



► Jared Loughner at the 2010 Tucson Festival of Books in Tucson, Ariz., March 2010.

Jared Loughner could face life in prison or death penalty, says judge

Jared Loughner

A military official in Washington said the army rejected Jared Loughner in 2008 because he failed a drug test.

The official spoke yesterday on condition of anonymity because privacy laws prevent the military from disclosing such information about an individual's application.

for the victims and their families.

Giffords, 40, lay in intensive care at a Tucson hospital, after being shot in the head at close range. Doctors said she had responded to commands to stick out her two fingers, giving them hope she may survive.

THE ASSOCIATED PRESS

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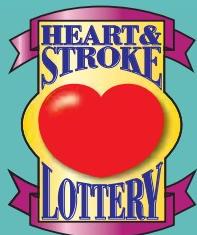
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04

metro

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TUESDAY, JANUARY 11, 2011

Record labels on track to settle lawsuit

- ▶ Class-action sought \$50 million in unpaid royalties
- ▶ Court must still approve proposed resolution

Canada's four major record labels have tentatively agreed to pay about \$47.5 million to resolve a class-action lawsuit involving a number of groups representing the interests of songwriters and music publishers.

In 2008, the estate of American jazz great Chet Baker launched the suit claiming the labels — EMI Music Canada Inc., Sony Music Entertainment Canada Inc., Universal Music Canada Inc. and Warner Music Canada Co. — had not paid the proper royalties for music on the industry's so-called pending list.

The hundreds of thousands of works on that list were released before royalties were arranged, with the expectation that the paperwork and payments would eventually follow.

At the time the statement of claim was filed, the plaintiffs alleged more than 300,000 titles were on the pending list with \$50 million in unpaid royalties outstanding.

The allegations in the class-action suit were not tested in court and the settlement does not include



TORSTAR NEWS SERVICE FILE

any admissions of liability or wrongdoing.

The agreement announced yesterday was applauded by both sides and also includes a new arrangement to expedite future payments of royalties.

"This is a very positive outcome for all parties," said Graham Henderson, president of the Canadian Recording Industry Association, in a statement on behalf of the record labels.

David Basskin of the Canadian Musical Reproduction Rights Agency said all sides are happy to resolve the matter.

The proposed settlement will go before the Superior Court of Justice in Toronto on Feb. 15, at which time any objections to the deal will be raised.

THE CANADIAN PRESS

Market moment

4 The class-action suit was filed in 2008 against four major record labels: EMI Music Canada, Sony Music Entertainment Canada, Universal Music Canada and Warner Music Canada.

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(13,245.12)

Dollar



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(100.68¢ US)

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Natural gas
1,000 cu ft
\$4.408
(-1.4¢)
Gold
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Playboy. Deal



▶ Hugh Hefner and his new fiancée, former Playmate of the Month Crystal Harris.

THE ASSOCIATED PRESS FILE

Hefner takes Playboy private

The publisher of Playboy magazine said yesterday that it has agreed to a sweetened offer by founder Hugh Hefner to take the company private. The offer values Playboy at about \$207 million US. A group led by Penthouse magazine has also made an offer for Playboy Enterprises Inc. valued at \$210 million US.

Look forward to the retirement you want by planning ahead now.



By **Victor Dodig**
Executive Vice-President
CIBC

Not everyone shares the same idea of the perfect retirement, but all Canadians can work towards realizing their individual goals – enjoying more free time, less pressure, maybe even that favourite hobby – with smart planning and professional advice. So what can you do today to plan for the retirement you want tomorrow? Starting a retirement plan

can be as simple as talking to an advisor. Planning your future takes a lot less time than you might think. An advisor can help take the pressure out of planning and make sense of the numerous savings and investment options available to you.

To build a retirement plan, you need to have a clear idea of your goals. Then, an advisor can help you assess where you now stand financially, calculate how much money you will need to support your chosen re-

tirement lifestyle and determine what sources that income will come from, which could include: a pension, Registered Retirement Savings Plan (RRSP), Tax-Free Savings Account (TFSA), or non-registered investments. An advisor can also dis-

cuss other important con-

siderations such as infla-

tion and healthcare costs.

Everyone has a different time schedule for retire-

ment and an advisor can

help you determine your appropriate investment mix including savings accounts, GICs, mutual funds, managed portfolios or brokerage solutions. Since your plan is a long-term one, it's essential that you consider the long-term return potential and level of risk of any investment before adding it to your retirement portfolio.

One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan.

As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer towards your goals with each contribution while compounding interest, dividends or investment growth.

Most importantly, if you haven't already, start planning today. Get help from an advisor to prepare a retirement plan, put it into action and review it regularly to ensure you stay on track. The more time your investments have to grow, the greater your returns will be. Successful retirement planning means being realistic about what you need to do today to reach those goals tomorrow.

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For what matters.

SEEKING HOT SHOWER AND A GOOD SALAD

She says ...

JESSICA NAPIER



Being an immigrant in our wonderfully diverse nation is not exactly a novelty. You could ask 10 strangers about their heritage and nine would identify themselves as Canadian slash something or other.

However, unlike all of those "My great grandmother was from Manchester and even though I've never been there I totally identify myself as part English and that's why I pronounce it *leisure not leeee-sure*" individuals, I'm *actually* British. I was born and raised in England until the age of 12 when I moved to Canada for the superior orthodontic work.

As a Limey expat it's my duty to go back every couple of years to visit cousins and eat copious amounts of Cadbury chocolate. Last weekend I returned from a Christmas pilgrimage across the pond and even though I had a jolly good time I am very (VERY) glad to be back.

There is something to be said for the comforts of home, specifically the modern North

American luxuries we take for granted like central heating, efficient snow removal services and artisan salads.

The British have never been known for their outstanding cuisine but thanks to globalization

and Jamie Oliver the food situation in England has improved significantly over the past 10 years. However, meat pies and breaded stuff with chips still seem to be menu staples at most U.K. eateries. Ten days straight of greasy Full English breakfasts washed down with lager has left me feeling bloated and on the brink of contracting scurvy.

But I can live with the vitamin deficient dietary options — what I really have trouble with is the plumbing.

Many of the country's historic buildings date back to the 11th century and as such, bathrooms (ahem, I mean loos) across

"Most of these medieval amenities have been designed with a four-foot-tall peasant in mind."

England are hundreds of years older than Canada.

Think about that for a minute. Most of these medieval amenities have been designed with a four-foot-tall peasant in mind. A standard issue sink comes up to your kneecaps, bathtubs only really fit one leg at a time and you are more likely to bump into a Spice Girl on the underground than find a shower with decent water pressure.

So, next time you're complaining about the wind chill factor just remember, it may be cold in the Great White North but you can always find a restaurant that serves broccoli and go home to a nice hot shower.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon

MICHAEL DE ADDER



Worth mentioning

Spending cuts, rising unemployment, dour winter weather — it's not a good time to ask voters how happy they are.

But that's just what British Prime Minister David Cameron is doing as part of a pledge to improve Britons' lives beyond pure financial gain in the wake of the global recession.

Government statisticians will this year begin measuring the country's well-being, and yesterday they released details from initial consultations on what the new index should measure — and how it should be measured.

Happiness is ...



Job security, relationships with families and good health topped the list of indicators that Britons believe are most important.

Apparently stung into action by a recent poll that ranked Britain 13th among 22 European countries in terms of life satisfaction, Cameron ordered his government to find

ways to make everyone happier.

Cameron's happiness drive follows a similar move two years ago by French President Nicolas Sarkozy, while Canada has also developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan in the early 1970s. THE ASSOCIATED PRESS

What's your favourite part of the day? Why?

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Metro Minute at poetry reading

Go see poet Christine McNair perform her poetry live in the Voices of Venus series at the Umi Café tonight at 7 at 610 Somerset St. W.

Then try your own hand at the spoken word trade in the open-mic set after McNair performs.

Her written work has appeared in The Antigonish Review, ottawater,

Misunderstandings magazine, and the Bywords Quarterly Journal.

She won second prize for poetry in the Atlantic Canadian writing competition and an honourable mention in the Eden Mills literary competition.

She says she tries to pay the bills working as a book conservator in Ottawa.

• METRO



► Christine McNair will read her poetry tonight at 7 in the Voices of Venus series at the Umi Café.



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News in brief



The Kardashian sisters have been sued by a California company that created a prepaid debit card that endorsed the reality show starlets.

The Fresno Bee reports that Revenue Resource Group LLC filed suit in Fresno County Superior Court last week against Kim, Khloe and Kourtney Kardashian.

The sisters pulled out of the endorsement deal in November under criticism over the card's fees. The company's lawsuit claims they broke their contract and cost company at least \$75 million in losses.

THE ASSOCIATED PRESS



Kirstine Stewart vows to connect with Canadians as head of CBC English Services

TV star goes back to his musical roots

Known for his roles in The Wire and Fringe, Lance Reddick shows off his jazz skills **Actor had originally wanted to be a rock star**

Lance Reddick hopes his knack for picking hits in the television realm translates to his music career.

Reddick recently released his first album, *Contemplations and Remembrances*. The record has a jazzy flair that Reddick has worked on for more years than he cares to remember.

Although he's best known for his role as Lt. Cedric Daniels on the hit HBO series *The Wire* and currently stars on the Fox series *Fringe* as agent Phillip Broyles, Reddick, 41, is also a musician. He attended the prestigious Eastman School of Music, where he studied classical composition, and plays piano. Back when he was young, married and raising a child, Reddick found work as an actor, but never forgot his dream of becoming a recording artist. So with a little prodding, and a lot of time to contemplate, Reddick is proudly embarking on a recording career.

Which came first, music or acting? I'm assuming it was music. Absolutely. Growing up I never imagined I would be an actor.

What gave you the courage to pursue a music career? I grew up studying music. I went to conservatory. When I grew up I thought I was going to be a classical composer, and then I left music school because I was

in denial because I wanted to be a rock star. I started acting after a few years of struggling.

What were the struggles?

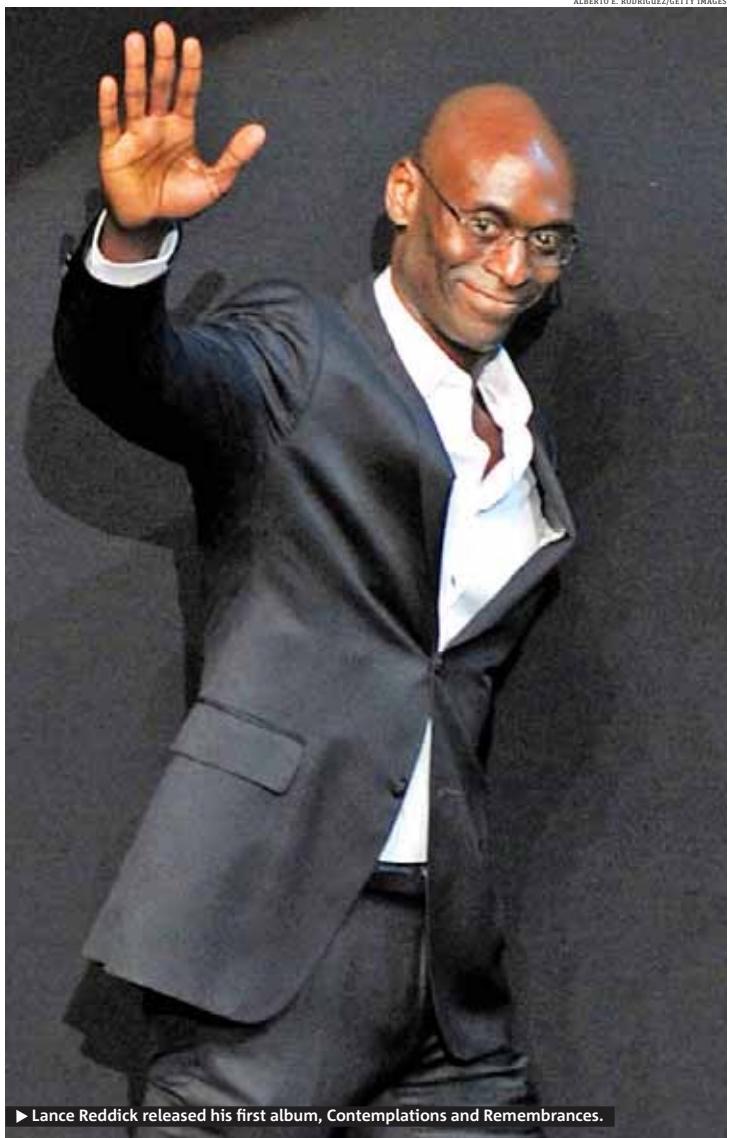
I got married straight out of school. I started acting, almost on a whim to help my music career. There were songs I had written from while (I was) in my 20s... I would sing them around the house from time to time. My daughter said to me one day — this was about 10 years ago — "You should do something with that." I said, "Sweetheart, I think the time's passed. I think I'm too old." She said, "Daddy, that sounds like an excuse to me."

There seems to be a stigma when actors embark on a music career. How do you address that?

I'm aware of the stereotype. I was a musician first. It's tough. I'm not really into defending myself because for me with this particular project, the music speaks for itself. It's mostly jazz, it's so not a mainstream thing. For me if people like it, they like it. If they don't, they don't.

You said you wanted to be a rock star. What made you lean more toward jazz?

My style of writing never quite fit. It always seemed that what I wanted to do was a little more sophisticated than what was mainstream. THE ASSOCIATED PRESS



► Lance Reddick released his first album, *Contemplations and Remembrances*.

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Scarlett miffed at Ryan-Sandra talk

► Source says actress upset that her ex-husband was spotted with a new woman so soon after breakup

There's at least one person who reportedly isn't happy to hear rumors about Ryan Reynolds and Sandra Bullock getting cosy, and that's Reynolds' estranged wife, Scarlett Johansson.

"Less than a month after they split that fool has gone and got himself photographed with (Bullock) on New Year's Eve of all days. Of course she is devastated," a source explains to *Popeater*. "Even if they are not a couple yet, this is very awkward for Scarlett. She too thinks of Sandy as a friend and hates the thought that Sandy is on team Ryan after the breakup, that is if she isn't already his girlfriend."

Reynolds and Johansson were married on Sept. 27, 2008 and announced their separation on Dec. 14, 2010. ■ METRO



► Scarlett Johansson

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Photo David Cooper

3 life

Grapefruit

Wintertime comfort meals are often rich and heavy and therefore unkind to our digestive systems. Finding healthy, nourishing recipes that energize can help reduce the sluggish factor we are prone to in the winter months. The citric acid in grapefruit for instance, promotes an alkaline environment in the body.

NEWS CANADA



Certain tests can predict risk of dementia decade before onset:
study



► By over sanitizing everything we're losing exposure to bacteria that helps our immune system.

Hygiene becomes unhealthy

► Rates of depression in younger people now outnumber rates in older people ► Find out why experts are linking over-sanitization with mood



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It turns out those multiple organisms are good for us. Today's shiny, clean environment is being blamed for higher rates of depression in young people.

The more hygienic our environments, the more we are deprived of bacteria and other micro-organisms that live in our gut.

Our immune systems used to rely on these harmless bugs to keep us healthy.

Experts call these healthy bacteria "old friends."

"Introducing 'old friends' might lower the depression rates we're seeing now, especially in young people," says Meher Shergill, a dietitian at the Centre for Mental Health and Addiction in Toronto.

There hasn't been a

huge change in our genes over the last few generations to explain the higher rates of depression, so it must be our environment.

Depression rates are lower in people who live in the country — who are still exposed to soil, animals, feces — than in people who live in squeaky-clean cities. Dirt helps promote anti-inflammation in our bodies. And inflammation in the cells

is linked with depression.

"There is now such a huge movement towards people being scared of germs. I understand, but people need to realize there should be moderation there."

"We're overly sanitizing everything so we're losing exposure to bacteria that helps our immune systems. We need to give our bodies a chance to be exposed to harmless, small

Statistics

Who is more prone?

► Stats Depression is more common in women. Major depression can occur in 10 per cent to 25 per cent of women; this is almost twice as many women as men.

amounts of bacteria," says Shergill.

Rates of depression in younger people now outnumber rates of depression in older people.

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Limiting child birth space linked to autism

► Babies born less than two years apart may raise autism risk in second-born children: study ► The effect found for parents of all ages

Close birth spacing may put a second-born child at higher risk for autism, suggests a preliminary study based on more than a half-million California children.

Children born less than two years after their siblings were considerably more likely to have an autism diagnosis compared to those born after at least three years.

The sooner the second child was conceived the greater the likelihood of that child later being diagnosed with autism. The effect was found for parents of all ages, decreasing the chance that it was older parents and not the birth spacing behind the higher risk.

"That was pretty shocking to us, to be honest," said senior author Peter



► According to government data, the numbers of closely spaced births is on the rise.

Bearman of Columbia University in New York.

The researchers took into account other risk factors for autism and still saw the effect of birth spacing. Closely spaced births are increasing in North America because women are delaying child-

birth and because of unplanned pregnancies.

Government data show the number of closely spaced births — where babies are less than two years apart — is rising, from 11 per cent of all births in 1995 to 18 per cent in 2002. The study, appearing

1%

Of all the 662,730 second-born children in the analysis, 3,137 had an autism diagnosis. Of the 156,034 children conceived less than a year after the birth of their older siblings, 1,188 had an autism diagnosis — a higher rate, but still less than one per cent.

yesterday in the journal Pediatrics, comes just days after a new report further tarnished a British researcher's 1998 paper linking vaccines to autism, this time calling the paper a fraud based on altered facts.

THE ASSOCIATED PRESS

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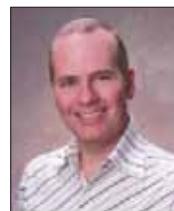
IMPROVED DENTAL HEALTH - PART OF YOUR NEW YEARS' RESOLUTION TO MAKE 2011 YOUR HEALTHIEST YEAR EVER!

Welcome to 2011! We hope you have all adjusted to the New Year and that you are back in the swing of things. If you are ready to make 2011 YOUR best year ever, we would certainly like to help in that respect. And you would be surprised at how much your dentist can help!

Most of you are probably familiar with the old saying "the eyes are the window to one's soul". Unfortunately, we do not have anything that poetic when it comes to dentistry. However, we may not be far from the mark in saying that the mouth is the window to one's health!

If you are one of the many people who plan on improving their health in 2011, then taking advantage of this wonderful window to your health would be highly recommended. And your dentist is one of the best people you can rely upon to look into this window.

The reality is that certain illnesses sometimes manifest themselves physically in, of all places, the mouth. For example, some patients show up at their dentist with undiagnosed diabetes. The condition of your teeth and gums may lead your dentist to recommend that you have your blood sugar tested to determine if you might have such an



Dr. George Parry
Dental Surgeon

undiagnosed condition.

A healthy mouth can also reduce the risk of cardiovascular disease!

To keep your mouth healthy, you need to brush and floss regularly. This helps prevent the build-up of harmful bacteria...bacteria that can attack unhealthy gums and get into your bloodstream.

Once in the bloodstream, that bacteria can find its way to your heart and lungs. This has resulted in heart conditions and asthma in some patients.

Your dentist may even be able to help you from developing rheumatoid arthritis! Researchers have discovered a link between an

anti-body common in people with gum disease and those suffering from rheumatoid arthritis. Good oral health practices reduce the risk of gum disease, thereby potentially reducing a risk factor for rheumatoid arthritis.

Perhaps the most dramatic impact this window on your health can uncover is oral cancer. As with all forms of cancer, early detection is vital to increasing the risk of survival. But early detection requires a complete oral examination, including x-rays! Nobody but your dentist will conduct as thorough an examination of your mouth. Your dentist provides the best look into this window...one that could save your life!

These are just some of the ways your dentist can help you in your commitment to improved health. But your dentist can only help if you come to his/her office first. So take action to make 2011 your healthiest year ever by visiting your doctor AND your dentist...because visiting your dentist is a healthy habit...and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

Move this, skip that

► Workout trends worth keeping for 2011 ► Drop the fit fads and put in that fitness work

DAILY SQUEEZE

LARRY TRACK
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From Tae Bo to pilates, hot yoga to bikini boot camps, the past

decade featured dozens of fitness trends — and then some.

While there are a few I'm happy to see go (celebrity this and that), some are still worth the sweat for 2011.

What makes these workouts uniquely effective?

For starters, they deliver maximum results in the shortest amount of time. Notice I didn't say 'least effort?' That's because for any change to happen — be it your body weight or muscle mass — you have to force change, and that only comes about by true, dedicated effort.

Whether you want to lose weight, build muscle or simply get a leaner physique, here are the top workouts you'll want to include in 2011 and beyond.

1. Circuit training, group classes, dance fitness, bootcamps, ropes, kettlebells, etc. All of these workouts go beyond the traditional treadmill or rack of dumbbells; they push you to move your muscles in the most challenging of ways for maximum calorie burn and body-beautiful results.

2. Running (five kilometres, 10 kilometres, half-marathon, marathon). Studies show running is an excellent form of cardio and helps build stronger bones. If you're just starting out, try joining a club. The social camaraderie and instructor-led workshops will have you crossing the finish line without injury.

3. Yoga, particularly yoga that focuses on stretching and meditation such as hot yoga. In addition to improving your posture and body mechanics, yoga helps increase focus and concentration, while ridding your body of stored toxins. It's no wonder it's been around for so long. It works!

4. Spinning. For a high-intensity, ultimate calorie, fat-burning workout that's safe on your joints too, spinning is in a class of its own. Come 2011, look for instructors to challenge riders with new and improved technology to measure heart rate, calories, distance and power for better results.

Remember: What you put into your workouts is what you get in return. Skip the fads and aim for a minimum of 30 minutes of cardiovascular activity every day.

Thoughts on... Questions

ADVICE The way to penetrate the heart of a matter or issue is by asking questions. It is the key that unlocks the door to personal freedom and peace.

Questions seem to have the power to uncover what is hidden and bring to light solutions that alter our reality.

Some questions worth asking: What in myself can I not face and where does it show up? For what insecurities am I compensating? What am I avoiding to see, hear and feel?

If any area in your life is causing you angst, then formulating the right question leads to insight and when you have insight you can change anything in your life.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

ISTOCK PHOTOS



► Find out the top workouts for 2011.

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A superfood casserole

► This dish combines the grain quinoa, chicken, mushrooms & sweet potato to create a new take on a favourite



► Marsala chicken quinoa casserole.

Preparation:

1 With a fork, pierce the sweet potato all over (6 mins). Microwave on high until cooked and soft. Set aside to cool. Heat the oven to 375 F.

2 In a large skillet over medium-high, heat the oil. Add the mushrooms, garlic, thyme, onion, 5 ml (1 tsp) of the salt and pepper, then sauté until the mushrooms have released most of their liquid and are beginning to brown and the onion is soft and translucent.

3 Add the chicken and cook until it is browned and almost cooked through, about 8 minutes. In a bowl, mix together the Marsala, cornstarch and the cream. Add to chicken, then bring to a simmer. Cook for 2 minutes.

4 Arrange chicken and vegetables in a layer over the bottom of a casserole dish. Set aside.

5 Peel the sweet potato, discarding the peel. Smash the sweet potato and mix in the quinoa, the remaining 2 ml (1/2 tsp) of salt, and the eggs and nutmeg. Spread this mixture over the top of the chicken and mushroom mixture. Sprinkle with Parmesan cheese and bake for 20 to 25 minutes.

THE CANADIAN PRESS

Ingredients:

- 1 medium sweet potato
- 30 ml (2 tbsp) olive oil
- 341 ml (12 oz) crimini mushrooms, sliced
- 2 cloves garlic, minced
- 45 ml (3 tbsp) fresh thyme leaves, chopped
- 1 large onion, chopped
- 7 ml (1 1/2 tsp) salt, divide
- 2 ml (1/2 tsp) ground black pepper
- 2 boneless, skinless chicken breasts, cubed
- 250 ml (1 cup) Marsala wine
- 15 ml (1 tbsp) cornstarch
- 125 ml (1/2 cup) heavy cream
- 1-l (4 cups) cooked quinoa
- 2 eggs
- Pinch nutmeg
- 125 ml (1/2 cup) grated Parmesan cheese

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TOP 10 of 2010

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YOU VOTED! THE TOP 10 MOVIES OF 2010 ARE:

- 1** Inception
- 2** Harry Potter & the Deathly Hallows
- 3** Toy Story 3
- 4** The Social Network
- 5** Let Me In
- 6** Scott Pilgrim vs The World
- 7** Clash of the Titans
- 8** Get Him to the Greek
- 9** Restrepo
- 10** The Other Guys

To see more Top 10's of 2010,
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SOURCE: Metro Life Panel Survey, January 2011, 216 respondents



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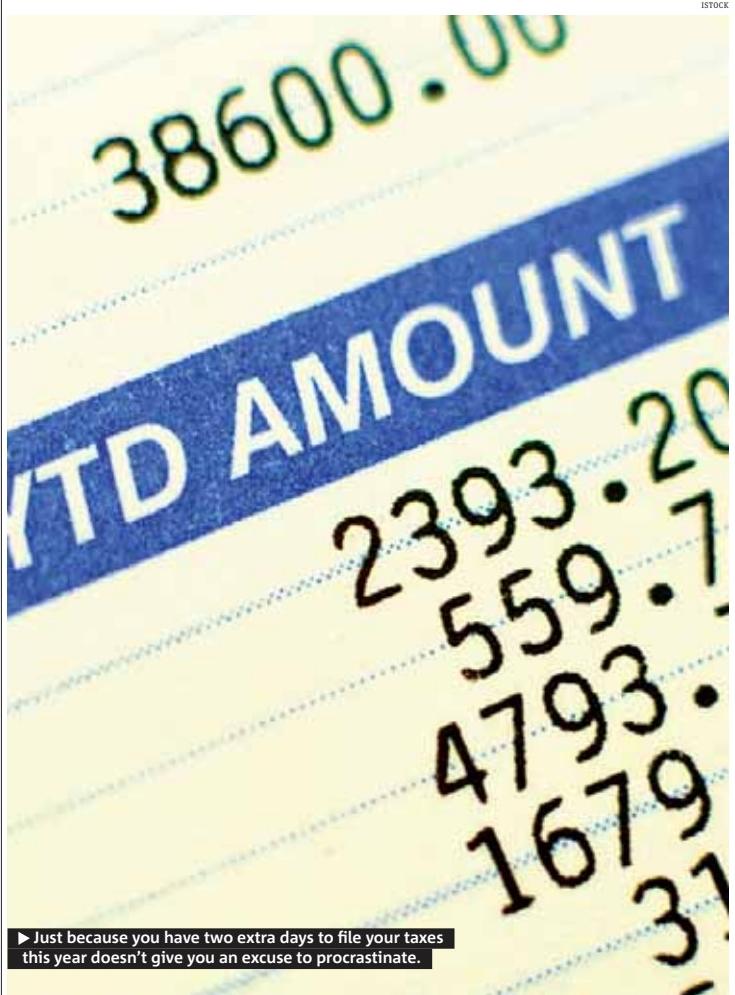
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TUESDAY, JANUARY 11, 2011

ISTOCK

Tackle your taxes



► Just because you have two extra days to file your taxes this year doesn't give you an excuse to procrastinate.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Good news for procrastinators! This year you have two extra days to file your tax return – until May 2nd at midnight, to be exact. But I'm prodding you into action early so you have ample time to organize your documents and maximize your deductions.

To help prepare you for the big tax filing event, H&R Block Canada's tax advisory service has addressed some of the most common concerns among 2,000 online questions from 2010.

Missing slips Employers must file T4s with the Canada Revenue Agency. If yours doesn't turn up and the employer isn't helpful, call the CRA for a copy. Don't delay until mid-April, or you'll be waiting in long telephone queues and the slip might not arrive by the deadline.

Self-employed deduction It's all about one word – reasonable. Don't try to write off 50 per cent of your mortgage interest if your home office is in a 10-by-10 corner of the basement.

Office parking It's a no-go as a deduction for most employees. There are some exceptions so make a call to the CRA to determine if you are among them.

Common-law status After 12 continuous months of living together you're a couple, according to the CRA.

Do state your status correctly as benefits and some tax credits are determined based on household income. The CRA could ask for repayment if you fudge the

facts.

Inheritances: There is no inheritance tax in Canada but if you received stocks, mutual funds or other investments in the settlement of an estate you might have capital gains or losses. Investments are deemed to have been sold on the date of death.

Getting a head start on your taxes means you're less likely to make mistakes or miss money-saving deductions.

Interest rates/ Savings accounts

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ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.35%
TD	1.25%
ALLY	2.00%

97%

The number of taxpayers who assessed a late filing penalty in 2010.

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

The future is now

► Deciding what to do with the rest of your life? ► Here's how to choose the best career path



With university application deadlines looming, "it's a crazy time," says Dale Callender. "Students are in my office all the time asking what they should do."

The adviser for Delisle Youth Services at Northern Secondary suggests students make career decisions based on interests, best subjects, family finances and entrance requirements.

Deciding what to do with the rest of your life is "a lot of pressure for a 17- or 18-year-old," Callender says. "Especially when they're afraid of making a mistake."

Which is why Blessie Mathews, a career counsellor at the University of Alberta, encourages students to factor their extracurricular activities into the choice — because

it's something they love and they've already made connections. "Education is one piece of the puzzle," she adds.

Mathews also suggests talking to people in the field. "Most people looking back find that career paths are more often about opportunities that presented themselves, versus planning."

Unless there's a strong pull in a specific direction, students are advised to enter broad programs, which keeps options open until they can make informed choices based on skills and interest.

It's how Georgia Barrington chose her program. "I was never skilled at math or science, and loved the arts, so a BA seemed the best fit. First-year university feels like high school because you take a variety of subjects. You try different courses to see what you like most."

New fall courses

- **The Clayton H. Ridell Graduate Program in Political Management:** Canada's first graduate program in political management (Carleton University).

- **Music and Science and Mathematics-Finance-Economy** are new joint programs (University of Ottawa). ■ KIM KARZOUR



Ready, set, apply...

There are myriad choices available to those wanting to further their education, and all of them have different application procedures and deadlines.

You are ready to apply once you have:

- decided which path you'll start on
- confirmed application deadlines for your preferred post-secondary institution(s)
- got all your paperwork together
- thought about how you'll manage life as a student. ■ TIMOTHY AVERY

Ontario

- Ontario's Ministry of Training, Colleges and Universities has a new site (tcu.gov.on.ca) that incorporates links to all post-secondary institutions in the province and offers tips on how to navigate application procedures.
- It provides extensive information about private career colleges, which offer enrolment at different times during the year.

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Quoted



"This is about Bill Belichick vs. Rex Ryan. There's no question. It's personal. It's about him against myself, and that's what it's going to come down to."

JETS COACH REX RYAN,
ON THIS WEEK'S
AFC PLAYOFF GAME

Calderon playing through the pain

► Raptors guard is statistically sound despite nagging injuries

If there's one thing that's become apparent over the last few weeks, it's that Raptors point guard Jose Calderon can play.

It's practice that's the issue.

Throwing a wrench into the common perception that NBA players need time in the gym on off-days to work on their craft, Calderon has been putting up impressive numbers despite not being able to take part fully between games.

"I feel weird. It's the only thing I don't like," said Calderon, still dealing with pain in his left foot. "I like to practise every day. I can do the shooting ... The only thing is I cannot push it. I cannot do the five-on-five because of the next day. We don't know how it's going to feel the next day, so we have to be careful."

The sore foot and a bad ankle haven't taken a toll on what he's done during games. Calderon has had double-figure assists in six of Toronto's last eight games and has been playing his best basketball of the season. The pain in his foot disappears once he gets out on the court. It flares up when the game ends.

"Out there I feel comfortable, I feel good," he said. "I know it's getting better, so soon I'll be back at normal, hopefully. After the game, it's bad ... when you start getting cold again."

TORSTAR NEWS SERVICE



► Jose Calderon during a game against the Lakers in Los Angeles in November.

Kovalev out for at least a week

Ottawa Senators forward Alex Kovalev will be sidelined for at least a week with a knee injury.

The 37-year-old felt some discomfort after playing in back-to-back games over the weekend. He's been hampered by lingering pain at various points during the season.

"Obviously, he hasn't been 100 per cent healthy for awhile," Senators coach Cory Clouston said after practice yesterday. "It's kind of been hit and miss. His knee will get better (and then) whether he takes a bad step or gets it banged or if it's just wear and tear — two games back-to-back is tough on him."

"To me, it's an opportunity for somebody to step up."

Kovalev has eight goals and 18 points in 42 games.

Ottawa plays at Boston tonight and Long Island on Thursday and returns home to face Calgary on Friday.

The Senators are already missing forward Jason Spezza with a shoulder injury and have gone 0-3-2 over their last five games.

"We have to stay positive, we have to keep working hard," said Clouston. THE CANADIAN PRESS



► Alex Kovalev

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d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1	10-2-2	6-3-1	L1
d-Boston	41	22	12	2	5	117	93	51	9-7-1	12-5-1	5-2-1	W1
Pittsburgh	44	26	14	2	2	138	105	56	14-9-1	12-5-1	4-4-0	L3
Washington	42	24	12	3	3	123	109	54	15-4-2	9-8-1	6-1-2	W1
NY Rangers	43	25	15	2	1	126	107	53	10-8-1	15-7-1	6-2-1	W3
Atlanta	45	22	16	3	4	140	140	51	11-9-2	11-8-2	3-5-2	L2
Montreal	42	23	16	3	0	105	99	49	14-5-3	9-11-0	4-5-1	W2
Carolina	41	20	15	2	4	121	123	46	9-7-1	11-8-1	5-5-2	W2
Buffalo	41	18	18	5	0	115	119	41	9-10-0	9-8-4	5-4-1	W2
Florida	40	18	20	1	1	109	106	38	8-8-1	10-12-0	4-4-1	L3
Ottawa	42	16	20	4	3	92	126	38	9-12-1	7-8-3	3-4-2	L1
Toronto	40	16	20	2	2	105	121	36	9-10-2	7-10-0	4-6-0	W2
NY Islanders	40	13	21	3	3	94	130	51	7-7-2	6-14-2	6-3-0	L1
New Jersey	42	11	29	1	1	78	133	24	7-13-1	4-16-0	2-8-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	41	27	8	3	3	141	99	60	15-5-1	12-5-2	8-0-1	L1
d-Detroit	42	27	10	4	1	145	118	59	13-5-3	14-5-1	7-2-1	W3
d-Dallas	43	25	13	1	4	124	118	55	12-6-3	13-7-0	5-3-2	W1
Nashville	41	22	13	4	2	106	97	50	10-4-3	12-9-1	5-5-0	W2
Anaheim	45	23	18	2	2	117	123	50	15-7-0	8-11-2	6-4-0	W2
Chicago	44	23	18	2	1	136	121	49	14-0-0	9-8-2	6-4-0	W2
Colorado	42	21	15	6	0	139	134	48	11-9-3	10-7-3	3-5-2	L2
Los Angeles	41	23	17	1	0	124	105	47	14-6-1	9-11-0	5-5-0	W1
Phoenix	41	19	13	6	3	113	117	47	8-5-3	11-8-3	4-4-1	W1
Minnesota	42	21	16	1	4	107	118	47	10-10-2	11-6-1	6-3-0	W1
San Jose	43	21	17	4	1	119	118	47	10-7-2	11-10-2	4-6-0	L4
St. Louis	40	20	14	2	4	107	112	46	14-6-2	6-8-2	5-4-1	L3
Columbus	42	20	19	2	1	107	130	43	11-9-1	9-10-2	4-6-0	L4
Calgary	42	18	20	1	3	112	123	40	11-8-1	7-12-2	4-5-1	W3
Edmonton	40	13	20	1	6	101	138	33	7-11-2	6-9-3	2-6-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston 4 Pittsburgh 2
Phoenix at St. Louis
Detroit at Colorado
Toronto at Los Angeles
Sunday's results
Anaheim 1 San Jose 0
Carolina 4 Atlanta 3 (OT)
Chicago 5 N.Y. Islanders 0
Dallas 4 Minnesota 0
New Jersey 6 Tampa Bay 3

Tonight's games

All Times Eastern
Ottawa at Boston, 7 p.m.
Vancouver at N.Y. Islanders, 7 p.m.
Montreal at N.Y. Rangers, 7 p.m.
Calgary at Carolina, 7 p.m.
Phoenix at Columbus, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Washington at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Toronto at San Jose, 10:30 p.m.

SCORING LEADERS

G	A	PT	Nash, Chb	20	14	34	
Crosby, Pgh	32	34	66	D.Brown, LA	17	17	31
Stamkos, TB	31	26	57	J.Carter, Phi	18	18	34
D.Sedin, Vcr	25	29	54	Malin, Pha	21	12	33
H.Sedin, Vcr	9	45	54	Franzen, Det	18	15	33
St.Louis, TB	18	35	53	P.Kane, Chi	13	20	33
R.Baird, Dal	18	31	49	M.Archard, Tor	12	21	33
Zetterberg, Det	15	32	47	R.Rutte, Car	10	23	33
Eriksson, Dal	16	30	46	V.Ivanovskiy, Ana	7	26	33
Perry, Ana	21	24	45	G.Gabrovs, Tor	17	15	32
Kopitar, LA	15	30	45	S.Kotter, Car	14	18	32
Sharr, Chi	25	19	44	P.Plekane, Mtl	12	20	32
Ovechkin, Wash	15	29	44	B.Bakkes, StL	11	21	32
E.Staal, Car	20	21	41	M.Malone, TB	11	21	32
Byfuglien, Atl	16	25	41	R.Yan, Ana	18	13	31
Kesler, Vcr	23	17	40	V.Nemek, Buf	16	15	31
Duchene, Col	16	24	40	N.Dal, Cal	15	16	31
Datsyuk, Det	12	27	39	T.Tarzian, Cal	10	21	31
Lidstrom, Det	11	28	39	J.Johnson, LA	4	27	31
Backstrom, Wash	17	28	37	M.Marleau, SJ	15	15	30
Havlat, Minn	10	28	38	V.Versteeg, Tor	12	18	30
Enstrom, Atl	8	30	38	E.Elias, NJ	9	21	30
Iginla, Cal	17	20	37	L.Yandell, Pho	6	24	30
Heatley, SJ	15	22	37	J.Koskinen, Col	5	25	30
Getzlaf, Ana	13	24	37	M.Kessel, Tor	17	12	29
M.Richards, Pha	13	24	37	M.Morrow, Dal	17	12	29
Selanne, Ana	12	25	37	J.Uppenber, Clb	14	15	29
Dubinsky, NYR	16	20	36	T.Teravainen, Nhl	5	24	29
Giroux, Pha	16	20	36	R.Rafalski, Det	2	27	29
Toews, Chi	16	20	36	C.Cowen, SJ	9	28	—
P.Stastny, Col	15	21	36	S.Smyth, LA	17	11	28
Ladd, Atl	14	22	36	L.Lucic, Bos	16	12	28
Clowe, SJ	11	25	36	M.Kulemin, Tor	15	13	28
M.Kotyuk, Minn	10	26	36	S.Streeter, STL	14	14	28
Ribeiro, Dal	9	27	36	J.Tavares, Nhl	14	14	28
Letang, Pgh	6	20	36	D.Kunitz, Pgh	13	15	28
Semin, Wash	18	17	35	C.Mammaril, Mtl	12	16	28
J.Williams, LA	16	19	35	D.Doan, Pho	10	18	28
Hejduk, Col	13	22	35	K.Kaberle, Tor	1	27	28
Roy, Buf	10	25	35	M.Pennier, Edm	12	15	27
J.Thornton, SJ	10	25	35	Not including last night's games	15	Retief Goosen	SAF

Not including last night's games

NBA**EASTERN CONFERENCE**

	W	L	Pct	GB
d-Miami	30	9	.769	—
d-Boston	28	9	.757	1
Orlando	25	12	.676	4/
d-Chicago	24	12	.667	4/
New York	21	15	.583	7/
Indiana	14	20	.412	13/
Philadelphia	15	22	.405	21

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	6	.838	—
Dallas	26	10	.400	4/
d-LA Lakers	27	11	.711	4/
d-Oklahoma City	25	13	.658	6/
d-Utah	25	13	.658	6/
New Orleans	22	16	.579	9/
Portland	20	16	.556	10/
Houston	17	21	.447	14/
Memphis	17	21	.447	14/
Phoenix	15	20	.429	15/
Golden State	15	22	.405	16/
L.A. Clippers	12	24	.333	18/
Minnesota	9	29	.237	22/
Sacramento	8	26	.235	21/

d — division leader**Last night's results**

Charlotte 9 Memphis 82

Houston 108 Boston 102

Detroit at Chicago

Sunday's results

Toronto 118 Sacramento 112

L.A. Clippers at Philadelphia, 7 p.m.

Phoenix at Denver, 9 p.m.

New York at Portland, 10 p.m.

Cleveland at L.A. Lakers, 10:30 p.m.

GOLF**PGA****FEDEXCUP STANDINGS**

(all figures in U.S. dollars)

Rank	Name	Points	Money
1.	Jonathan Byrd	500	\$1,120,000
2.	Robert Garrigus	300	\$635,000
3.	Graeme McDowell	190	\$412,000
4.	Carl Pettersson	123	\$286,500
5.	Steve Stricker	123	\$286,500
6.	Matt Kuchar	95	\$201,500
7.	Ian Poulter	95	\$162,000
8.	Jason Day	75	\$162,000
9.	Jim Furyk	75	\$162,000
10.	Dustin Johnson	75	\$162,000
	Retief Goosen	438	\$438

WORLD RANKING**Through Jan. 9**

1.	Lee Westwood	Eng	8.97
2.	Tiger Woods	USA	7.50
3.	Martin Kaymer	Ger	7.03
4.	Phil Mickelson	USA	6.39
5.	Graeme McDowell	Nlr	6.30
6.	Steve Stricker	USA	6.01
7.	Jim Furyk	USA	6.00
8.	Paul Casey	Eng	5.65
9.	Luke Donald	Eng	5.48
10.	Ian Poulter	Eng	5.48
11.	Ernie Els	Saf	5.46

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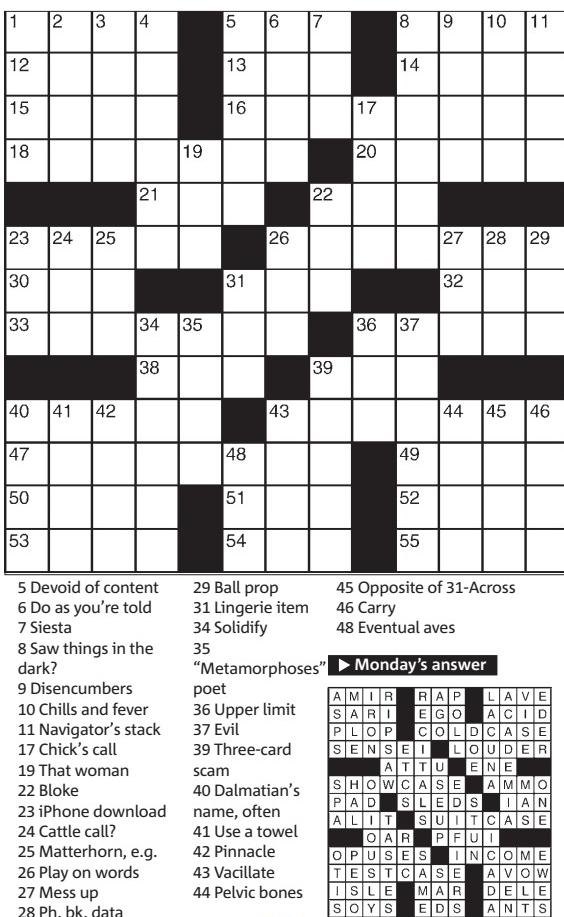
Crossword

Across

1 Shoe bottom
5 A billion years
8 Apothecary measure
12 Barber's concern
13 Biz deg.
14 Latvia's capital
15 Stretches (out)
16 Energized
18 TV oldie about the Carringtons
20 Relaxes
21 Your, biblically
22 Jewel
23 Astound
26 Camping item for two
30 D.C. VIP
31 Purchase
32 Fish eggs
33 Movie snack
36 Swear-word
38 Actress Longoria
39 Fellow
40 All-wise one
43 One whose logic is faulty
47 "Hush!"
49 Margarine
50 Admitting customers
51 Cistern
52 Light melody
53 Libretto
54 Nay undoer
55 Eli's alma mater

Down

1 Lean-to
2 Reminiscent of wood, as some wines
3 Home security system?
4 Bad substitute



Today's horoscope

Aries March 21-April 20 It's okay to go off on your own and do your own thing, but don't do it too much or others might start getting a bit suspicious. You don't want them thinking you're up to no good. That's just not true – is it?

Cancer June 22-July 22 You are sensitive by nature but you are also good at putting up the emotional shutters. That's what you have to do over the next 24 hours. Ignore others' comments. They're not worth worrying about.

Taurus April 21-May 21 Taurus may be one of the zodiac's "fixed" signs but you know how to be flexible when the situation calls for it. It is better to bend in the breeze than get blown away. You'll bend, but you won't break.

Gemini May 22-June 21 Let someone know that whatever bad blood there may have been between you in the past, it is over and done with and there are no hard feelings.

Leo July 23-Aug. 23 Make things easy today by allowing other people to make decisions for you. Part of the art of leadership is delegation. You don't have to do every "i" and cross every "t" yourself.

Virgo Aug. 24-Sept. 22 Not everyone shares your passion for certain issues, so don't go around trying to convert those who are simply not that interested. It takes all sorts of people to make our world.

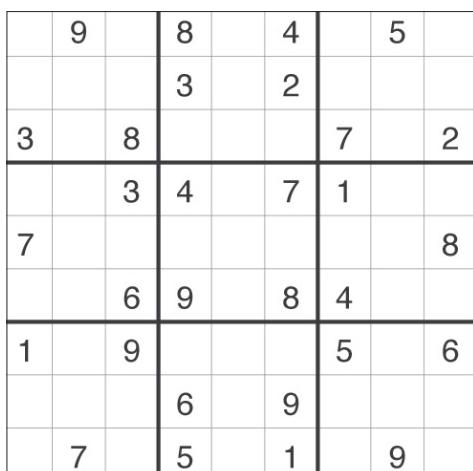
For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 If you find it hard to get started on your work schedule, there is no point pushing yourself. Is what you have to do really so urgent that it must be done immediately? If not, postpone it until you feel motivated.

Scorpio Oct. 24-Nov. 22 If someone cheats you today and it costs you money, there's probably not much you can do about it. Put it down to experience and swear that next time you won't be so gullible.

Sagittarius Nov. 23-Dec. 21 How do you know that a friend's cry for help is genuine and not a ploy to get sympathy they probably don't deserve? The answer is: You don't. Help them out anyway.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Monday's answer ►



Today



-8°/-12°
Variable

Wednesday



-5°/-11°
Cloudy

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Caption contest



"Stuck
in the Wheel
of Fortune!!!"
LINDA BARON

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write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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Punta Cana

All-Inclusive • Junior suite
Jan. 22 & 29 • 1 wk.

\$899

+Taxes & other fees: \$170

Gran Bahia Principe
Punta Cana

All-Inclusive • Junior suite
Mar. 5 • 1 wk.
Book & pay in full by Jan. 14, 2011

\$1269

+Taxes & other fees: \$170

GRENADA via Toronto

The Flamboyant
Hotel & Villas

Standard rm.
Jan. 29 • 1 wk.

\$1079

+Taxes & other fees: \$181

JAMAICA

Sunset Jamaica Grande
Resort & Spa

All-Inclusive
Traditional standard rm.
Feb. 5 & 12 • 1 wk.

\$1269

+Taxes & other fees: \$93

USA

New York City
Wellington Hotel

Double one-bedroom
Feb. 13, 14 & 15 • 3 nts.

\$489

+Taxes & other fees: \$133

BAHAMAS

Nassau via Toronto
Sheraton Nassau
Beach Resort

Resort view rm.
Feb. 5 • 4 nts.

\$300 instant savings

\$949

+Taxes & other fees: \$128

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya
Resort & Spa

All-Inclusive • Junior suite
Mar. 19 • 1 wk.

\$1169

+Taxes & other fees: \$245

Gran Bahia
Principe Tulum

All-Inclusive
Standard rm.
Mar. 19 • 1 wk.

\$1169

+Taxes & other fees: \$245

Puerto Vallarta/
Riviera Nayarit via Toronto

Barceló Puerto Vallarta

All-Inclusive • Junior suite deluxe
Feb. 1-10, 14-16 & 21-24 • 1 wk.

\$1339

+Taxes & other fees: \$130

Las Vegas via Vancouver
Excalibur Hotel & Casino

Hotel rm.
Mar. 19 • 3 nts.

\$619

+Taxes & other fees: \$127

CUBA

Varadero
Allegro Varadero

All-Inclusive • Superior rm.
Feb. 5 & 12 • 1 wk.

\$999

+Taxes & other fees: \$154
Departure tax: 25 CUC cash, paid locally

Sirenis La Salina Varadero
Beach Resort

All-Inclusive
Standard rm.
Feb. 5 & 12 • 1 wk.

\$1099

+Taxes & other fees: \$154
Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway
Ensenachos

All-Inclusive
Royal spa premium rm.
Feb. 6 - Mar. 6 • 1 wk.

\$1569

+Taxes & other fees: \$154
Departure tax: 25 CUC cash, paid locally

TURKS & CAICOS

Ocean Club Resort

Studio suite
Feb. 7 & 14 • 1 wk.

\$1699

+Taxes & other fees: \$133

CRUISE

Princess Cruises'
Caribbean Princess

Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. K
Apr. 3 & 10 • 1 wk.

\$1129

+Taxes & other fees: \$137

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Excellence Riviera Cancun

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DOMINICAN REPUBLIC

Punta Cana
Excellence Punta Cana

All-Inclusive
Junior suite garden view
Feb. 5 • 1 wk.

\$1989

+Taxes & other fees: \$170



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NEW YEAR, NEW BEGINNING! FEBRUARY CLASSES

Paralegal

Part time evening program now available!

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Afternoon Class Starts in February!

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Personal Support Worker

Part time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

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